

A CLINICAL TRIAL TO ASSESS THE “*AMLAPITTAHARA*” EFFECT OF *KUNJALA KRIYA*

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ABSTRACT

Amlapitta is very common disease which is a burning problem of the present days. In today's era, fast-track life style has made man restless to achieve his unlimited desires in a very short period of time. The disturb life style leads to directly or indirectly various types of gastro-intestinal tract disorders due to anxiety, worry, anger, fear and depression. All the above factors disturb the *Pitta Dosha* which causes disturbance in *Annavaha srotasa*(GIT) causing *Amlapitta*. So, in this study, safe, effective and cheaper preventive and curative aspect of treatment was followed to patients by doing *Kunjala Kriya*. **Material and methods:** Total 30 *Amlapitta* patients of both genders were

registered in OPD of NIA. *Kunjala Kriya* was advised to the patients. All the patients were evaluated for subjective parameters. **Result:** Statistical analysis was done before and after intervention of therapies for 4 weeks. **Conclusion:** *Kunjala Kriya* showed good results on *Amlapitta*.

INTRODUCTION

Ayurveda is the most indigenous system of medicine which has propagated treatment of various illnesses. The main aim of *Ayurveda* is to maintain the health of the healthy person and to cure the illness of the diseased person.^[1] According to *Ayurveda*, to maintain the health, one has to follow the basic principles like *Dinacharya* and *Ritucharya* which balances the *Tridosha* viz. *Vata*, *Pitta* and *Kapha*.^[2] In 21st century, man is unable to follow *Dinacharya* and *Ritucharya*; because fast-track life style has made man restless to achieve his

unlimited desires in a very short period of time. These desires produce different types of anxiety, worry, anger, fear and depression which directly or indirectly lead to various types of gastro-intestinal tract disorders. Now a day, man is also attracted towards fast food, junk food which disturbs the gastrointestinal physiology. Even in *Varsha Ritu* which aggravates the *Pitta Dosha* naturally, he consumes aforesaid food which disturbs the balance of *Tridosha*. Also, some predisposing factors like Endocrinal diseases; infection of GIT disturbs gastrointestinal physiology and thus produces gastrointestinal disorders. In short, we can say that “Work, Worry & Weather” are the main causes of gastrointestinal disorders.

All the above factors disturb the *Pitta Dosha* which causes disturbance in *Annavaha srotasa*(GIT) causing *Amlapitta*. *Acharya Kashyapa* and *Madhavakara* have mentioned psychological problems and bad food habits as the causative factors of *Amlapitta*.^[3,4] According to *Acharya Charaka*, the *Ama* or undigested food molecules which are generated from *Ajirna & Annavisha*, are absorbed and deposited in different organs of the body & thus produces the metabolic diseases like *Amlapitta*. *Amlapitta* can be correlated with Acid peptic disease which comprises of various types of Gastro-esophageal reflux diseases like Gastritis, Dyspepsia, Heartburn, Hyperacidity etc. described in modern sciences.

Need of the Study

Amlapitta is very common disease which is a burning problem of the present days. It is difficult to diagnose as it has multifarious clinical signs and symptoms. If it is not treated in primary stage it shall prove fatal in chronic stage. The drugs of modern system pacify the symptoms to some extent but they will manifest a set of complications. Till now, modern medical science has not invented any permanent curative medicine for this disease.

So, in this study, safe, effective and cheaper preventive and curative aspect of treatment was followed to patients by doing *Kunjala Kriya*. This work is one effort in the field of research.

AIMS & OBJECTIVES

To study the effect of *Kunjala Kriya* in *Amlapitta*.

MATERIALS AND METHODS

Materials: Patients/ Case Record Form / Written consent form.

Dependent variables: *Avipaaka, Aruchi, Gaurava, Utklesha, Tiktamloudgara, Tiktamla Vaman, Jatharshoola, Hrudaya Daha, Kantha Daha, Kukshi Daha, Klama and Shiroshoola.*

Independent variable: *Kunjala Kriya*

Treatment Period: Duration of the trail was of 4 weeks.

Follow-Up Period: Assessment was done after every week.

Sample Size: Total number of Patients = 30

Source of Data: Patients suffering from *Amlapitta* fulfilling the inclusion and diagnostic criteria and consenting to participate were selected for the study from O.P.D. of National institute of *Ayurveda* Hospital Jaipur, Rajasthan.

Diagnostic Criteria: The diagnosis was done on the basis of clinical signs and symptoms mentioned in *Ayurvedic* classics and also based on special Performa viz, *Avipaaka*, *Aruchi*, *Gaurava*, *Utklesha*, *Tiktamloudgara*, *Tiktamla Vamana*, *Jatharashoola*, *Hrudaya Daha*, *Kantha Daha*, *Kukshi Daha*, *Klama* and *Shiroshoola*.

Inclusion Criteria

1. Classical symptoms of *Amlapitta* and symptoms of *Urdhvaga Amlapitta*.
2. Patients of either sex and between 18-60 years of age.
3. Patients willing and able to carry out treatment for 4 weeks.
4. Patients will be registered with duly signed informed consent prior to the trial.

Exclusion Criteria

1. Patients with diagnosed cases of gastric, peptic and duodenal ulcers.
2. Patients with any GIT, abdominal complications and chronic illness.
3. Patients with diagnosed cases of any systemic disorder.
4. Pregnant and lactating women.

Method of Intervention

Kunjala Kriya was done empty stomach in morning. Patient was advised to sit in *Kagaasana* and to drink 3-4 glass (approx. 2 liter) of lukewarm saline water. Then allow him to expel water by induced vomiting. *Kunjala Kriya* was repeated daily in first week then twice a week. Total duration of therapy was 4 weeks.

Criteria assessment and Grading of Cardinal Symptoms

The scoring pattern was adopted to assess the results. These scores were recorded before and after the treatment through statistical analysis and percentage of relief was noted to assess the efficacy of the test drugs. Improvement in the cardinal signs and symptoms of the disease were noted on the basis of symptom score. The scoring pattern is described as below:

1. *Avipaaka*: [Indigestion]

Grade 0: No *Avipaaka*

Grade 1: Mild, once a week.

Grade 2: Moderate, 2-3days.

Grade 3: Severe every day.

2. *Aruchi*: [Anorexia]

Grade 0: No *Aruchi*

Grade 1: mild

Grade 2: Moderate

Grade 3: Severe

3. *Gaurava*: [Heaviness]

Grade 0: No *Gaurava*.

Grade 1: Mild

Grade 2: Moderate

Grade 3: Severe

4. *Utklesha*: [Nausea]

Grade 0: No *Utklesha*

Grade 1: Occasional only on consumption of faulty diet.

Grade 2: Frequent but no vomiting.

Grade 3: Frequent with vomiting.

5. *Tiktamloudgara*: [Bitter and Acidic Eruptions]

Grade 0: No *Tiktamloudgara*.

Grade 1: Occasional only on consuming sour or spicy food.

Grade 2: Occurs on consuming normal food stuffs.

Grade 3: Continuous throughout the day.

6. TiktamlaVaman: [Bitter and Acidic Vamana]

Grade 0: No *TiktamlaVamana*

Grade 1: Mild, once a week.

Grade 2: Moderate, 2-3days.

Grade 3: Severe every day.

7. Jatharashoola: [Epigastric Pain]

Grade 0: No Pain.

Grade1: Mild pain or dull aching pain.

Grade 2: Moderate pain enough to take medical advice.

Grade 3: Severe pain, disturbing daily routine.

8. HrudayaDaha: [Burning Sensation in Cardiac Region]

Grade 0: No *HrudayaDaha*.

Grade 1: Occasional; only on consuming sour and spicy food.

Grade 2: Occurs on consuming food stuffs.

Grade 3: Continuous burning, throughout the day.

9. Kantha Daha: [Burning Sensation in Throat Region]

Grade 0: No *Kantha Daha*.

Grade 1: Occasional; only on consuming spicy or sour food.

Grade 2: Occurs on consuming food stuffs.

Grade 3: Continuous throughout the day.

10. KukshiDaha: [Burning Sensation in Abdomen]

Grade 0: No *KukshiDaha*.

Grade 1: Occasional; only on consuming spicy or sour food.

Grade 2: Occurs on consuming food stuffs.

Grade 3: Continuous throughout the day.

11. Klama: [Tiredness]

Grade 0: No tiredness

Grade 1: Mild once in week

Grade 2: Moderate 2-3 days.

Grade 3: Severe - everyday.

12. Shiroshoola: [Headache]

Grade 0: No Headache

Grade 1: Mild once in week

Grade 2: Moderate 2-3 days

Grade 3: Severe – everyday.

Criteria for Assessment of Overall Effect of Therapies

The following criteria were evolved to assess the overall effect of therapy on the patients of *Amlapitta*.

1. Complete remission

100% relief in the signs and symptoms with no recurrence.

2. Markedly improved

More than 50% relief in signs and symptoms with no recurrence.

3. Improved

26% to 50% relief in signs and symptoms with mild recurrence.

4. Unchanged

Less than 25% relief in signs and symptoms with severe recurrence.

OBSERVATION & RESULT

The results of therapy have evaluated with the help of statistical methods. In this study to evaluate the effect of therapy before treatment and after treatment for the subjective parameters **Wilcoxon matched-pairs signed-ranks test** has been used.

The table given below shows that *Kunjala Kriya* has provided extremely significant results ($p < 0.001$) in symptoms like *Avipaka*, *Aruchi*, *Gaurava*, *Tiktamloudgara*, *Hrudaya daha*, *Kantha daha* and *Shiroshoola*. Statically very significant ($p < 0.01$) results were found in *Jatharashoola*, *Kukshi daha* and *Klama*. The symptom *Utklesha* has shown significant ($p < 0.05$) result while symptom *Tiktamla vamana* has shown non-significant ($p > 0.05$) result due to less data. This means *Kunjala Kriya* is very much effective because statically extremely significant results were found on maximum parameters.

Table: Effect of Therapy.

Variable	Mean		Mean diff.	% Relief	SD(±)	SE(±)	p value	Result
	BT	AT						
<i>Avipaka</i>	2.733	0.5333	2.200	80.5	0.8867	0.1619	<0.0001	E.S.
<i>Aruchi</i>	2.000	0.5000	1.500	75	0.9002	0.1644	<0.0001	E.S.
<i>Gaurava</i>	1.800	0.2333	1.567	87.05	1.223	0.2233	<0.0001	E.S.
<i>Utklesha</i>	0.5667	0.0333	0.5333	94.1	1.106	0.2019	0.0313	S.
<i>Tiktamla udgara</i>	2.633	0.3667	2.267	86.1	0.9072	0.1656	<0.0001	E.S.
<i>Tiktamla vama</i>	0.1333	0.0333	0.1000	75.02	0.3051	0.0557	0.2500	N.S.
<i>Jathara shoola</i>	0.5333	0.0333	0.5000	93.75	0.7768	0.1418	0.0020	V.S.
<i>Hrudaya daha</i>	2.267	0.3333	1.933	85.27	1.112	0.2030	<0.0001	E.S.
<i>Kantha daha</i>	1.833	0.3000	1.533	83.63	1.332	0.2432	<0.0001	E.S.
<i>Kukshi daha</i>	0.7333	0.1000	0.6333	86.36	1.066	0.1947	0.0039	V.S.
<i>Klama</i>	1.100	0.0667	1.033	93.91	1.402	0.2559	0.0010	E.S.
<i>Shiroshoola</i>	1.133	0.2000	0.9333	82.37	1.015	0.1853	<0.0001	E.S.

Probable Mode of Action of *Kunjala Kriya*

Majority of diseases are caused by *Mandagni*. Weakening of *Agni (Mandagni)* causes improper digestion of ingested food which forms *Ama*. *Ama* originated from the stomach then mixed with *Dhatu* spreads all over the body. Due to overconsumption of the described etiological factors, *Kapha* and *Pitta Dosha* are aggravated which gradually vitiate *Dhatu*s mainly *Rasa-Rakta* and ultimately abnormality of *Rasa* and *Rakta Dhatvagni* occurs. The *Ama Dosha* formed due to all this process became main cause in the pathogenesis of *Amlapitta*.

Kunjala Kriya mainly acts on *Amashaya* and *Annavaha Srotas*. *Amashaya* is the prime site of *Pitta* and *Annavahasrotas* where *Ama* is originated from *Annarasa* due to improper digestive fire. This process expels out the vitiated *Pitta Dosha* in the state of *Acchadita* and *Avalipta* from the *Amashaya* and as a result *Jatharagni* becomes normal. As a result *Dhatavagnimandya* homeostasis rectified, resulting in proper metabolism process. The *Ama* formation and other sequential events thus are restricted by the *Kunjala Kriya* and ultimately stop further pathogenesis of disease.

The functional state of *Pitta* in the body is ensured with the haemostatic state of *Jatharagni* and *Anulomanadi Karma*. The *Kunjala Kriya* by confining the formation of *Ama*, improving the physiological commotion of *Pachaka Pitta* and thus ensures the proper action of *Dhatvagni*.

Probable Mode of Action of *Kunjala Kriya* in Stress

The stomach is extremely responsive to emotional changes. Depression produces anorexia or loss of appetite accompanied by a heavy sinking feeling in the pit of the stomach, which actually drops an inch or so as the supporting muscles and ligaments let go. Constant worry can create copious gas in the stomach which results in distension and pressure on the heart. This may mimic heart disease.

Stomach ulcers are the end result of a long period of emotional or mental tension combined with a genetic predisposition to the constant over secretion of gastric juices, which eventually breakdown the lining of the stomach and start to eat into you, auto digestion. *Kunjala Kriya* is one of the *Yogic* techniques that removes the mental roots of many disease; hate, jealousy, fear, insecurity. The release of nervous tension after *Kunjala Kriya* is what does it. But the effect is not instantaneous; rather it takes a slow and steady course.^[5]

As a result of above described underline facts the pathogenesis of *Amlapitta* is arrested by the process of *Kunjala Kriya*.

Overall Effect of Therapy

The overall effect of therapy was assessed on the basis of improvement in individual patients. The complete relief was found in 46.67% of the total patients, 50% patients had marked improvement, 3.33% had improved relief and no any patients was found unchanged. It was statically analyzed that *Kunjala Kriya* was extremely significant especially in case of *Avipaka*, *Aruchi*, *Gaurava*, *Tiktamloudgara*, *Hrudaya Daha*, *Kantha Daha*, *Shiroshoola* and on other parameters like *Jatharashoola*, *Kukshi Daha*, *Klama*, very significant effect was seen.

CONCLUSION

It can be concluded that the alternate hypothesis is accepted after the study i.e. there is significant role of *Kunjala Kriya* in *Amlapitta*. *Kunjala Kriya* directly acts on vitiated *Pitta*, *Agni* and *Ama* formation and thus uproot the main causes of the disease thereby helps in breaking the pathogenesis of *Amlapitta*. *Kunjala Kriya* expelled the vitiated *Pitta Dosha* from the *Amashaya*. Due to this *Jatharagni* was increased. So *Amadosha* was decreased and therefore patients get more benefit.

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